

If you think you are having
an allergic reaction,
call your doctor or dial 911
immediately. A severe
reaction, if not treated,
may result in death.

Common Foods That Cause Allergies

Milk
Eggs
Peanuts
Soy
Wheat
Tree nuts
(almonds, pecans, Brazil nuts, etc.)
Fish
Shellfish



South Carolina Department of Health
and Environmental Control

www.scdhec.gov

*We promote and protect the health
of the public and the environment.*

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If Food Allergies Run In Your Family...



Food Sensitivity versus Food Allergy

Food Sensitivity:

Reaction of the digestive system.

Symptoms Include:

Stomach cramps
Bloating
Gas
Diarrhea

Food Allergy:

Response of the immune system to food the body thinks is harmful.

Symptoms Include:

Tightness in the throat
Wheezing
Itchy skin rash
(such as eczema or hives)
Tingling of the tongue
and lips

Recommendations

Pregnant/Breastfeeding Women

There's usually no need to restrict foods while you're pregnant. If you're breastfeeding, it's advised that you should not eat peanuts, tree nuts, eggs, cow's milk or any food you as the mother has as an allergy.

Infants — Birth to 6 Months

Feed your baby **only** breast milk for the first six months. If you believe formula is needed, discuss this with your doctor.

Infants — 6 to 12 Months

Introduce your baby to solid foods **after** age six months. Start with rice cereal. Introduce vegetables (not in pea and bean family), non-citrus fruits and juices, and meats one at a time at monthly intervals.

Children — 1 to 2 Years

After the child turns 1 year of age, add cow's milk, wheat, corn, citrus fruits/juices, and soy foods at monthly intervals.

Children 2 Years and Older

When your child is two years old you can add eggs to his diet. Wait until your child is at least 3 years old before you introduce peanut butter, nuts, fish, and shellfish.

Note: If your child has allergic symptoms after you introduce a certain food, keep it out of your child's diet and talk about the symptoms with your doctor.